

# Innerspring Mattress Face-off: Avocado Green vs. Charles P. Rogers Powercore Estate 5000

## Two high-scoring mattresses vie for the top spot in CR's ratings

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The mattress industry has seen tremendous growth in the past few years, thanks in part to mattress startups. These young companies have stepped in to challenge traditional manufacturers, some of which have been in business for well over a century.

Case in point: the 163-year-old Charles P. Rogers, whose Powercore Estate 5000, \$1,500, has been a top performer in Consumer Reports' innerspring mattress tests for several years. A mattress that offers great sleep support for most body types and sleep styles, it's a one-mattress-suits-all solution.

But in our latest round of mattress testing, this stalwart faced fresh competition: the Avocado Green mattress, \$1,400, the sole product sold by a two-year-old company. Although its name is playful, the innerspring is no joke.

Christopher Regan, the engineer who oversees CR's mattress test, cites similarities between these similarly priced competitors. "Both mattresses use latex and pocket springs," he says of the construction. "But you can't judge a mattress by its ticking."

With like materials, one might assume that the Avocado and the Powercore Estate would produce similar results in our tests—but while both performed well, one clearly rose to the top.

### Sleep Support

In our support tests, we use human subjects of small and large stature. (We average the results of both to produce a score for average-sized sleepers.)

The Avocado Green and the Charles P. Rogers Powercore Estate both support a range of body types, but only the Avocado earns a score of Excellent in support tests for average and large/tall side sleepers (compared with the Powercore Estate's Very Good score).

Both the Avocado and the Powercore Estate score an Excellent in our support tests for petite, average, and large/tall back sleepers and a Very Good for petite side sleepers.

However, the Powercore Estate is more stable (a Very Good to the Avocado's Good), meaning that you're less likely to be bounced around on the Powercore Estate when your bedmate tosses and turns at night.

As for firmness, the Powercore Estate is a 6 on a scale of 1 to 10, with 10 being the firmest. With a score of 7, the Avocado is slightly firmer. CR doesn't factor firmness into our Overall Score because it's a matter of personal preference, but the numbers can help you decide which mattress is a better fit for you.

### Materials and More

Both mattresses earn an Excellent score for durability. If you're hoping to keep your mattress for roughly a decade, you can expect both the Avocado

and the Powercore Estate to endure. (In our mattress-durability test, a 308-pound wood roller is run across a mattress 30,000 times. The 30-hour test simulates eight to 10 years of use.)

The Avocado has a Greenguard Gold label, which means that its manufacturing process reduces the release of harmful compounds into the environment. Avocado claims its mattress contains natural wool and latex, but *natural* is an unregulated term in the mattress world.

The Powercore Estate is also made with natural latex, and the manufacturer's foams and fabrics are CertiPUR-US and Oeko-Tex certified, which guard against some harmful substances like formaldehyde. These labels do not, however, rule out foams like oil-based polyurethane, which is not a naturally occurring substance.

In terms of how they're made, Regan says the two contenders are put together in a similar way: "These mattresses have a few differences, but there is no discernible advantage to either method of construction."

### Shipping and Services

#### Avocado Green

Avocado offers free shipping, a 100-night trial period, and free returns, but you'll have to get rid of your old mattress on your own. The company has what they call an experience center in Hoboken, N.J., where you can try it out in person. The Avocado comes with a 25-year limited warranty.

#### Charles P. Rogers Powercore Estate 5000

Shipping from Charles P. Rogers is also free, and there's an option to have your old mattress hauled away within 10 days of receiving your new mattress. Haul-away charges range from free to more than \$150 depending on the recycling costs in your area.

The Powercore Estate comes with a 30-night trial period, and a lifetime structural warranty. (Call the company for a model-specific rundown of details.) There are three Charles P. Rogers showrooms in the New York metropolitan area. Otherwise—like the Avocado—you have to order the mattress to try it.

### So What's the Best Innerspring Mattress?

The Avocado earns the top spot in our innerspring mattress ratings with an Overall Score of 85, ahead of the Powercore Estate's 80. The Avocado is the only innerspring mattress in our ratings to earn an Excellent Overall Score. And it's our highest-rated mattress across the innerspring, foam, and adjustable-air categories. Talk about superlatives.

What pushed the Avocado into standout territory? It accommodates a wider range of body types and sleeping styles, offering an Excellent support score for petite, average, and large/tall side sleepers as well as for average and large/tall back sleepers.